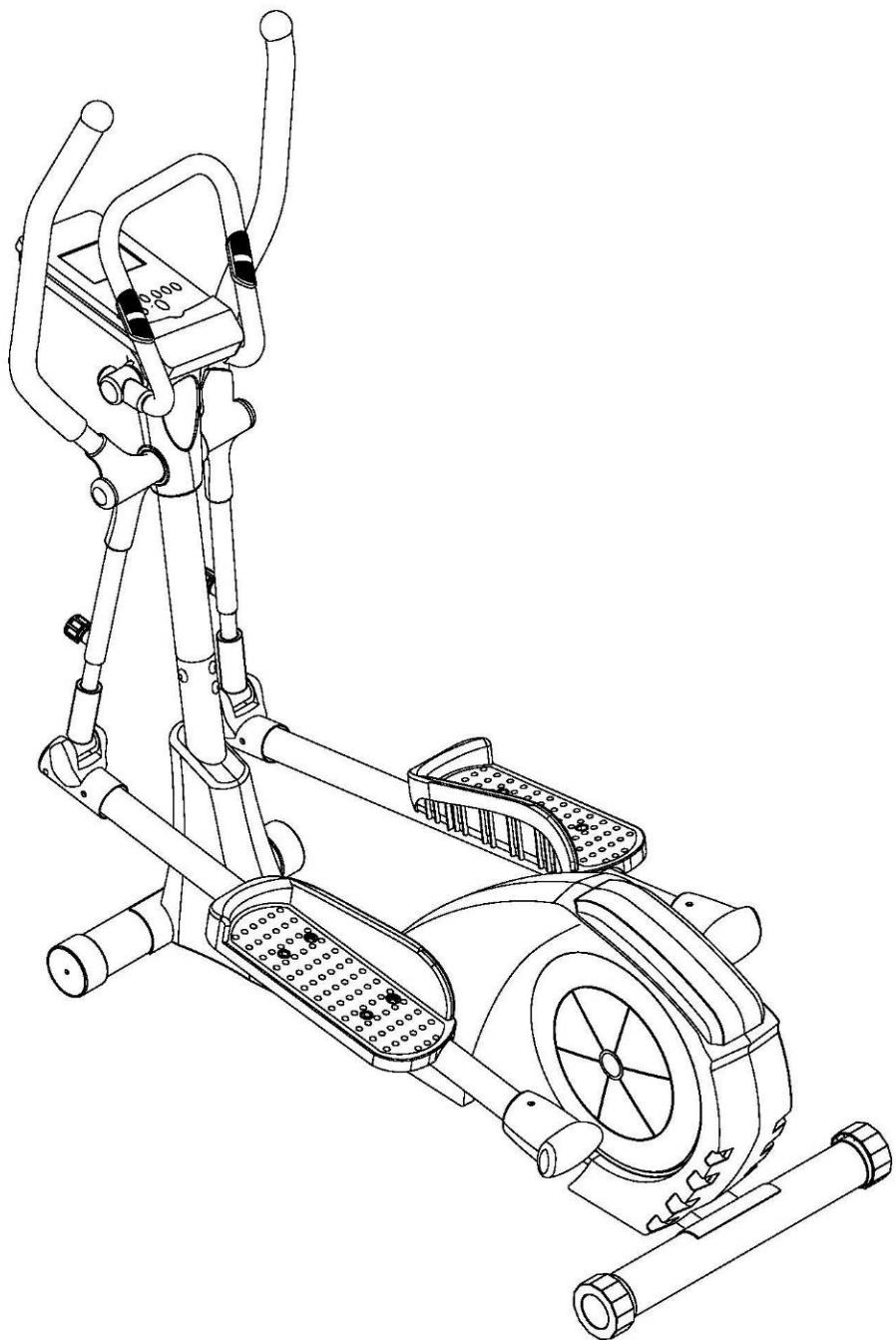


# ELLIPTICAL TRAINER



**IMPORTANT:** Read all instructions carefully before using this product. Retain this user's manual for future reference.

## USER'S MANUAL

## TABLE OF CONTENT

Safety Instructions .....	P. 2
Hardware Package .....	P. 3
Assembly .....	P. 4
Computer Instructions .....	P. 10
Training Instructions .....	P. 12
Training Pulse Rate .....	P. 13
Parts List .....	P. 14
Exploded Drawing .....	P. 16



# SAFETY INSTRUCTIONS

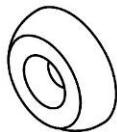
**Before you start training on your E ELLIPTICAL TRAINER, please read the instructions carefully.**

**Be sure to keep the instructions for information, in case of repair and for spare part delivery.**

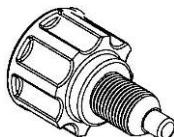
- Read all instructions and warnings in this manual before using the elliptical trainer.
- Before using this elliptical trainer, please consult your physician for a complete physical examination. If you feel any discomfort while exercising, please stop immediately and consult your doctor.
- This elliptical trainer is for in-home use only; do not use the elliptical trainer in a commercial, rental, or institutional setting.
- Keep the elliptical trainer indoors, away from moisture and dust. Place the elliptical trainer on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical trainer to mount, dismount, and use it.
- Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- Ensure that your fingers or clothing do not catch in the elliptical trainer moving parts.
- Please keep children and pets away from the elliptical trainer at all times. It is only suitable for adults.
- The elliptical trainer should not be used by persons weighting more than **150 kg**. Serious injury may occur if the user's weight exceeds the limit shown here.
- To prevent injuring you when lifting and moving the machine, Please getting someone to help you.
- If you hear unusual noise when exercising, please stop your training immediately. Do not use the elliptical trainer until the problem has been resolved.

# HARDWARE PACKAGE

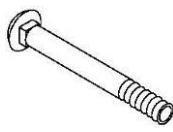
*This chart is provided to help you identify the hardware that may be unfamiliar to you.*



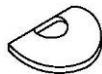
(#33) Screw Side Cover  
2 PCS



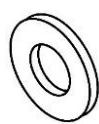
(#35) Spring Knob  
2 PCS



(#50) Hex Socket  
Cap Bolt  
4 PCS



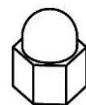
(#51) Arc Washer  
4 PCS



(#53) Washer  
2 PCS



(#54) Hex Socket  
Cap Bolt  
4 PCS



(#55) Cap Nut  
4 PCS



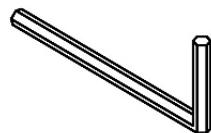
(#69) Nylon Nut  
2 PCS



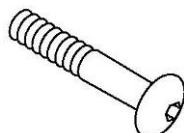
(#70) Wave Washer  
2 PCS



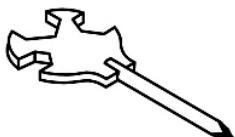
(#71) Washer  
2 PCS



(#88) Allen Wrench  
1 PC



(#91) Hex Socket  
Cap Bolt  
2 PCS



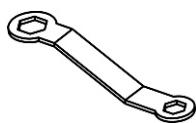
(#94) Screwdriver  
1 PC



(#96) Cone Washer  
4 PCS

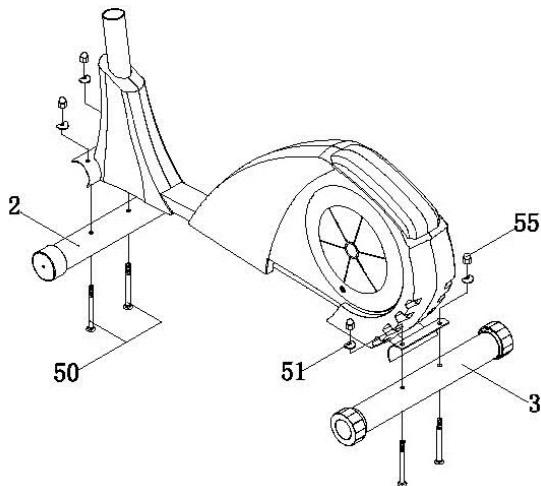


(#97) Arc Washer  
4 PCS

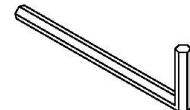


(#98) Screwdriver  
1 PC

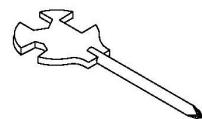
# ASSEMBLY



Tool:



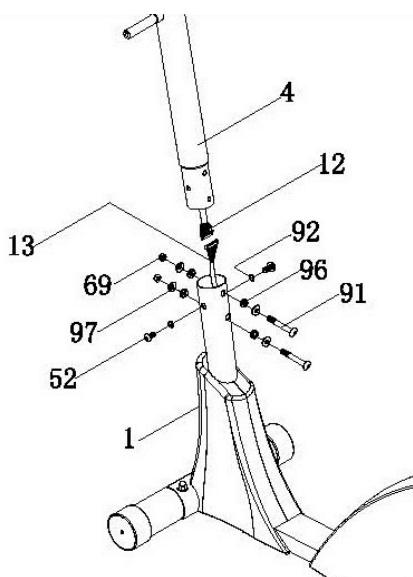
Allen Wrench



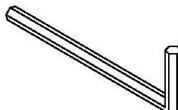
Screwdriver

## 1. Assemble Front and Rear Stabilizer

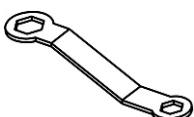
- 1) Identify the Front Stabilizer (2). While another person lifts the front of Main Frame (1), attach the Front Stabilizer (2) to the Main Frame (1) with two Hex Socket Cap Bolts (50), two Arc Washers (51) and two Cap Nuts (55). Use the Allen Wrench and Screwdriver to tighten the Cap Nuts (55) until firm and secure.
- 2) Do the same assemble steps to the Rear Stabilizer (3).



Tool:



Allen Wrench

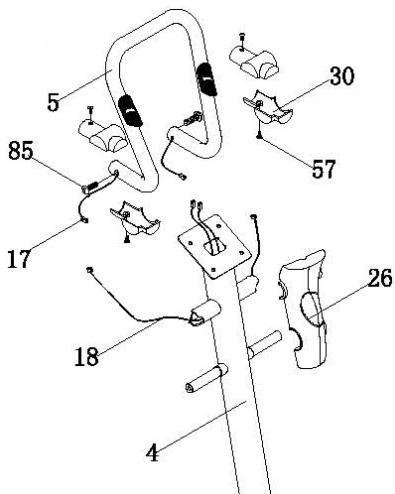


Screwdriver

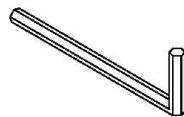
## 2. Assemble Handlebar Post

- 1) Use Allen Wrench to remove two Hexagon Socket Head Bolts (52) and two Spring Washers (92) from Handlebar Post (4).
- 2) While another person holds the Handlebar Post (4) near the Main Frame (1), connect the Upper Computer cable (12) to the Lower Computer cable (13). Slide the Handlebar Post (4) into the Frame (1). Be careful not to pinch the cables. Tighten it with two Hexagon Socket Head Bolts (52), two Hexagon Socket Head Bolts (91), two Spring Washers (92), four Cone Washers (96), four Arc Washers (97) and two Nylon Nuts (69) by Allen Wrench and Screwdriver until firm and secure.

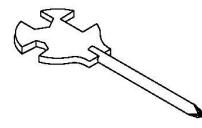
# ASSEMBLY



Tool:



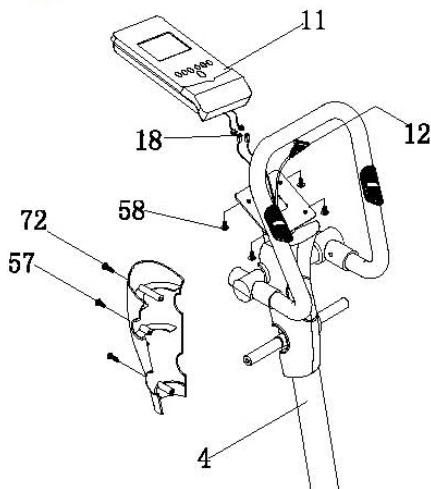
Allen Wrench



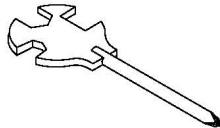
Screwdriver

### 3. Assemble Handlebar

- 1) Use Allen Wrench to remove two Hexagon Socket Head Bolts (85) from the Handlebar Post (4).
- 2) Connect upper Hand Pulse Sensor Wire (17) to lower Hand Pulse Sensor Wire (18) at both sides. Hide the connection into the Handlebar (5).
- 3) Attach the Handlebar (5) to the metal parts under Computer bracket and tighten two Hexagon Socket Head Bolts (85) by Allen Wrench. Make sure it's firm and secure.
- 4) Release four Self Tapping Screws (57) from the Handlebar (5) by Screwdriver. Cover end of Handlebar (5) with Handlebar Cover (30) at each side and tighten four Self Tapping Screws (57) by using Screwdriver.
- 5) Place the Decorate Cover (front) (26) on the Handlebar Post (4).



Tool:

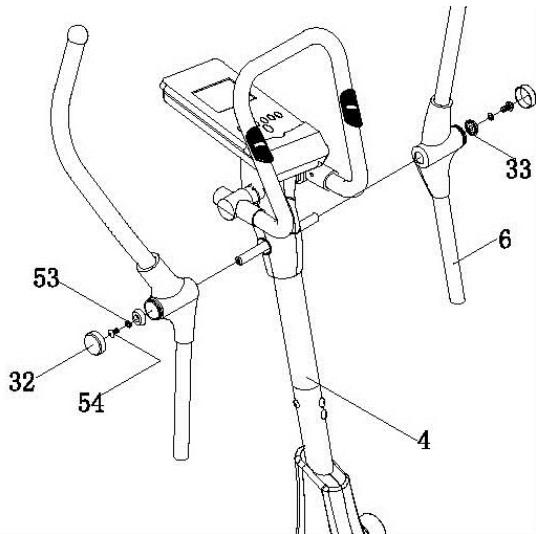


Screwdriver

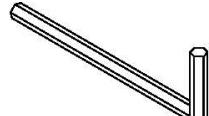
### 4. Assemble Computer and Decorate Cover

- 1) Use Screwdriver to remove four Bolts (58) from the Computer (11).
- 2) Connect Upper Computer Cable (12) and Lower Hand Pulse Sensor Wires (18) with the wires at back of the Computer (11). Place the Computer (11) on top of the Handlebar Post (4), then tighten it with four Bolts (58) by using Screwdriver until firm and secure.
- 3) Connect the Decorate Cover (rear) (26) to the Handlebar Post (4) and tighten it with one Self Tapping Screws (57) and two Round Head Self Tapping Screws (72).

# ASSEMBLY



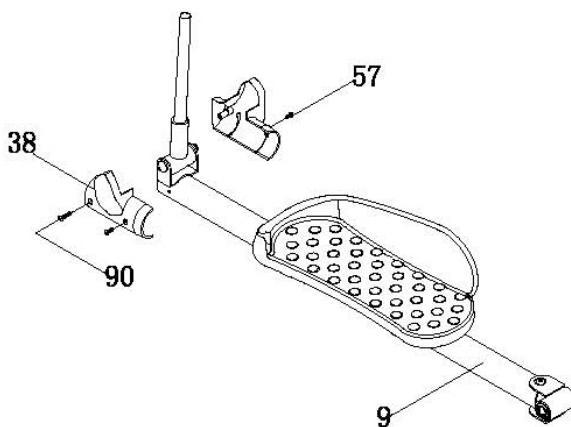
Tool:



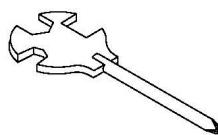
Allen Wrench

## 5. Assemble Upper Handrail

- 1) Take off the End Caps (32) for the right Upper Handrail (6).
- 2) Insert the Upper Handrails (6) onto both sides of the axis on the Handlebar Post (4). Attach Screw Side Covers (33) behind them. Tighten them with two Hexagon Socket Head Bolts (54) and two Washers (53) by using Allen Wrench until firm and secure. Then replace the end cap (32).



Tool:

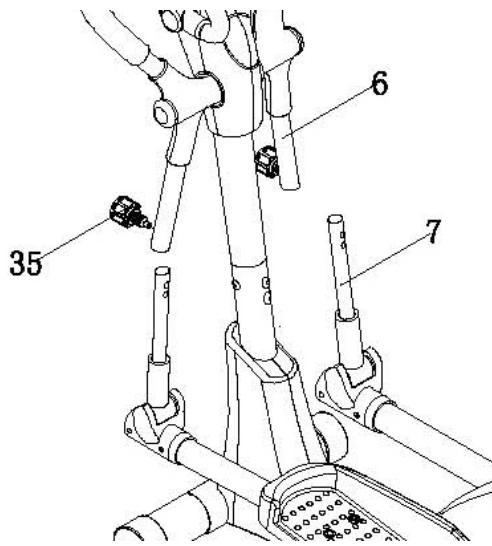


Screwdriver

## 6. Assemble Front Foot Bar Cover

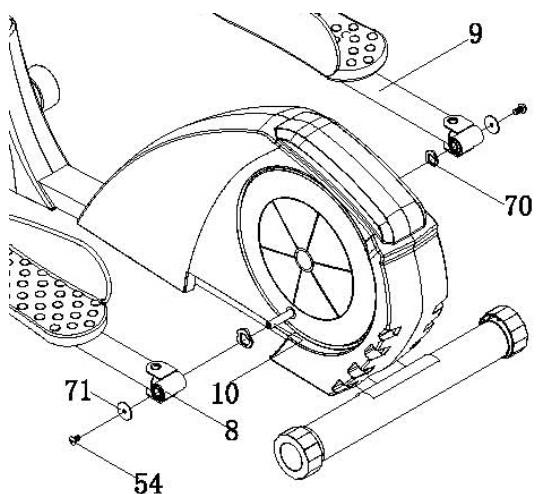
- 1) Use Screwdriver to remove four Self-Tapping Screws (57) and two Round Head Self Tapping Screws (90) from the front of Foot Bar (9).
- 2) Cover the Foot Bar (9) with Front Foot Bar Cover (38) each side and tighten them with four Self-Tapping Screws (57) and two Round Head Self Tapping Screws (90).

# ASSEMBLY

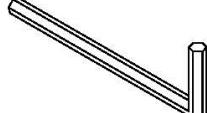


## 7. Assemble Handrail Arm and Foot Bar

Insert the Handrail Arm (7) into the Upper Handrail (6), choose desired position and tighten them with two Spring Knobs (35).



Tool:

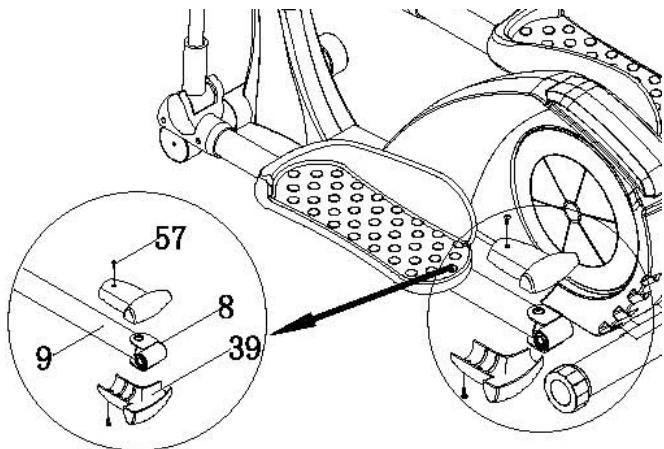


Allen Wrench

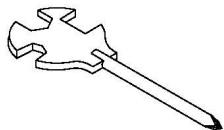
## 8. Assemble Foot Arm

- 1) Place one Wave Washer (70) on the axis of the Left Cross Bar (10). Insert the U shape bracket (8) at the back of the Left Foot Bar (9) into the axis of the Left Cross Bar (10). Then tighten it with one Hexagon Socket Head Bolt (54) and one Washer (71) by using Allen Wrench until firm and secure.
- 2) Do the same assemble steps for the right side.

# ASSEMBLY



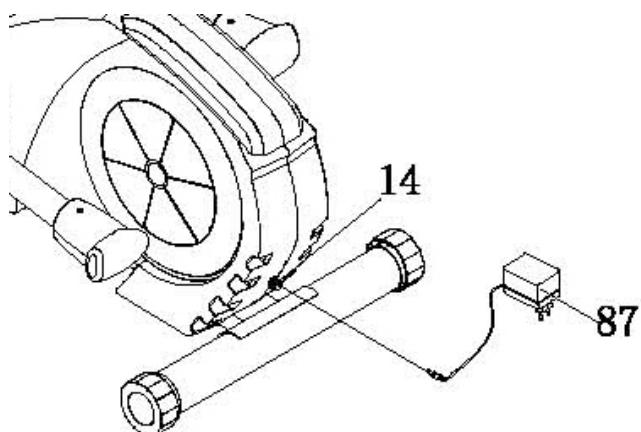
Tool:



Screwdriver

## 9. Assemble Rear Foot Bar Cover

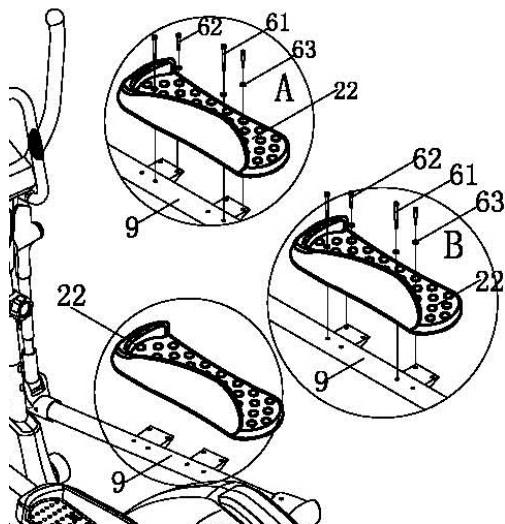
- 1) Use Screwdriver to remove two Self Tapping Screws (57) at the back of the Left Foot Bar (9).
- 2) Place the Rear Foot Bar Cover (39) around the Left U Shape Brackets (8). Tighten it with two Self Tapping Screws (57) by using Screwdriver.
- 3) Do the same assemble steps for the right side.



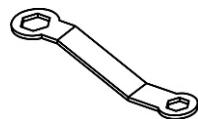
## 10. Adaptor Installation.

Plug one end of the Adaptor (87) into the power jack of the DC Cable (14) on the back of the Chain Cover. Before plugging in, make sure to check carefully the specifications on the Adaptor. Plug the other end of the Adaptor (87) into the electrical wall outlet.

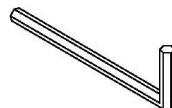
# ASSEMBLY



Tool:



Screwdriver



Allen Wrench

User can adjust Foot Pedal (22) position A or B, according to height.  
Now, your machine is ready for using.

# COMPUTER INSTRUCTIONS

## BUTTON FUNCTION

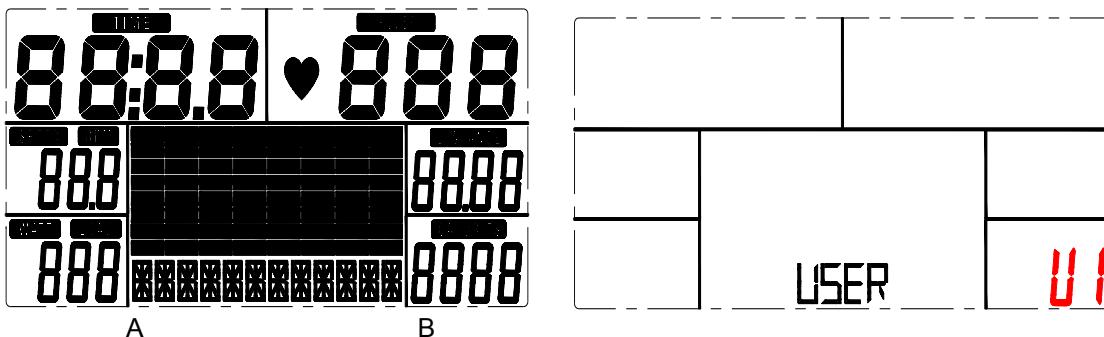
MODE	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
RESET	Return to the main menu in the STOP mode and clean all preset values to zero.
START/STOP	To start or stop exercise.
RECOVERY	To test hear rate recovery status.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
BODY FAT	For body fat measurement

## DISPLAY EXERCISE DATA

TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~230 ; Setting range 0-30~230
WATT	Display range 0~999 ; Setting range 10~350
SPEED	Display current training speed from 0.0 to maximum 99.9 km or ml
RPM	Display current training rotation per minute. Display range 0~999

## OPERATION PROCEDURE

1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B)
2. After user data set up, computer will display main menu.



3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL → PROGRAM (12 profiles) → USER PROGRAM → H.R.C → WATT.

4. Quick Start and Manual :

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target.

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.

5. PROGRAM :

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program with 12 profiles and press MODE to confirm.

Level can be adjusted during exercise by press UP or DOWN.

# COMPUTER INSTRUCTIONS

## - 10 -

6. H.R.C. :  
Select the H.R.C. mode and press the MODE key to enter into the setting mode. There will be 4 selections: H.R.C55, H.R.C.75, H.R.C.90 and H.R.C. TAG; use the UP/ DOWN key to select one program and press the MODE key after selection is determined. User's selection and a sign of "55%" will be displayed in the PULSE column according to the AGE user inserted. If user selects H.R.C. TAG (press the MODE key to enter), preset PULSE value "100" will be shown in flashing text and user can press the UP/ DOWN key to adjust target range from 30~230.
7. USER PROGRAM :  
User may press UP, DOWN and then press MODE to create his own profile. (From column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting.
8. WATT :  
The preset watt value 120 is flashing on screen in WATT setting mode. User may use UP, DOWN button to set target value from 10 to 350. Press MODE button for confirm.
9. BODY FAT:  
9-1 In STOP mode, press the BODY FAT button to start body fat measurement.  
9-2 During measuring, user have to hold both hands on the handgrip.  
And the LCD will display "--" for 8 seconds until computer finish measuring.  
9-3 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.
10. RECOVERY:  
After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2...to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.  
(Press the RECOVERY button again to return the main display.)

### NOTE:

1. This computer requires 9V, 0.5mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will be stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

# TRAINING INSTRUCTIONS

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:

If you have not been physically active for a longer period of time and also to avoid health risks, you should consult your general physician before starting to exercise.

## Intensity

To achieve maximum results, the right intensity has to be chosen.

The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used:

$$\text{Maximum pulse rate} = 220 - \text{Age}$$

While exercising, the pulse rate should always be between 60% - 85% of the maximum pulse rate.

For your personal training rates, please see the attached pulse rate chart on page 13.

When starting to exercise, you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

## Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate.

To reach an optimum fat burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

## Example:

You are 52 years of age and would like to start exercising.

$$\text{Maximum pulse rate} = 220 - 52(\text{age}) = 168 \text{ pulse/min}$$

$$\text{Minimum pulse rate} = 168 \times 0.6 = 101 \text{ pulse/min}$$

$$\text{Highest pulse rate} = 168 \times 0.7 = 117 \text{ pulse/min}$$

During the first week, it is advisable to start with a pulse rate of 101. Afterwards, increase it to 117.

With increasing improvement of fitness, the training intensity should be increased to 70% - 85% of

- 12 -

Increasing the resistance, a higher frequency or longer training periods can do this.

## Training Organization

### Warm-up:

Before every training, you should warm-up for 5-10 minutes.

### Training session:

During the actual training, a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

### Cool down:

To introduce an effective cool-down of muscles and metabolism, the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle aches.

## Success

Even after a short period of regular exercises, you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement, you should motivate yourself to exercise regularly.

Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:

“The most difficult thing about training is to start it.”

Wish you have a lot of fun and success with your trainer,

## TRAINING PULSE RATE

### HEART RATE CHART

AGE	RECOVERY 50%–65%	ENDURANCE 65%–75%	STRENGTH 75%–85%	INTERVAL 65%–92%	RACE DAY 80%–92%
20–23	100–129	129–149	149–168	129–182	160–182
24–27	98–126	126–146	146–165	126–178	155–178
28–31	96–123	123–143	143–162	123–175	153–175
32–35	94–120	120–140	140–159	120–172	150–172
36–39	92–118	118–137	137–155	118–168	146–168
40–43	90–116	116–134	134–151	116–164	143–164
44–47	88–113	113–131	131–148	113–161	140–162
48–51	86–110	110–128	128–145	110–157	137–157
52–55	84–108	108–125	125–141	108–153	133–153
56–60	82–105	105–122	122–139	105–150	131–150

The HEART RATE CHART is only for the customer reference.

**- 13 -**

**- 18**

**- 10 -**

# PART LIST

No	Description	Q'ty
1	Main Frame	1
2	Front Stabilizer Ø76x1.5T	1
3	Rear Stabilizer Ø76x1.5T	1
4	Handlebar Post Ø60x2.0T	1
5	Handlebar Ø25.4x1.5T	1
6	Upper Handrail (L&R) Ø28x1.5T	1
7	Handrail Arm Ø32x1.5T	2
8	U Shape Bracket	2
9	Foot Bar (L&R) Ø50x2.0T	1
10	Cross Bar (L&R) 20x40x2T	1
11	Computer	1
12	Upper Computer Cable L=850mm	1
13	Lower Computer Cable with Motor	1
14	DC Cable L=700mm	1
15	Tension Control Cable L=150mm	1
16	Hand Pulse Sensor	2
17	Upper Hand Pulse Sensor Wire (pair) L=550mm	1
18	Lower Hand Pulse Sensor Wire (pair) L=250mm	1
19	Bolt for Tension Control	1
20	Front Stabilizer Cap Ø76	2
21	Rear Stabilizer Cap Ø76	2
22	Foot Pedal (L&R)	1
23	Chain Cover (L&R)	1
24	Disk	2
25	Cap for Disk	2
26	Decorate Cover for Handlebar Post (F&R)	1
27	Ring Ø60	1
28	Decorate Cover for Front Post (L&R)	1
29	Handrail End Cap Ø50	2
30	Handlebar Cover (pair)	2
31	Handrail Cover (pair)	2
32	End cap for Axis of Handlebar Post	2
33	Screw Side Cover	2
34	Bushing Ø19x Ø 35 (Handrail Arm)	4
35	Spring Knob M16*22mm	2
36	Fastener Ø25xØ32x88mm	2

No	Description	Q'ty
37	Handrail Arm Cover (pair)	2
38	Front Foot Bar Cover (pair)	2
39	Rear Foot Bar Cover (pair)	2
40	Belt Wheel Ø260	1
41	Protector for Flywheel	2
42	Decorate Cap Ø60 for Front Post	1
43	Foam Grips Ø 25x3Tx1140mm	1
44	Foam grips Ø 28x5Tx725mm	2
45	Flywheel Ø268	1
46	Steel Bearing R12	2
47	Bushing Ø16x Ø38	4
48	Bushing Ø10x Ø32	4
49	Belt 443J6	1
50	Hex Socket Cap Bolt M10x85mm	4
51	Arc washer Ø10x Ø26x2.0T	4
52	Hex Socket Cap Bolt M8x15mm	2
53	Washer Ø8x Ø21x2.0T	2
54	Hex Socket Cap Bolt M8x18mm	4
55	Cap Nut M10	4
56	Screw for Hand Pulse Sensor	2
57	Self-Tapping Screw M5x12mm	13
58	Bolt for Computer	4
59	Round Head Self Tapping Screw M4x20mm	4
60	Round Head Self Tapping Screw M4x15mm	4
61	Socket Head Cap Screw M6x54mm	4
62	Socket Head Cap Screw M6x12mm	4
63	Washer Ø6xØ14x1.0T	12
64	Nylon Nut M6	4
65	Hex Socket Cap Bolt M10x72mm	2
66	Nylon Nut M10	2
67	Washer Ø10xØ19x1.5T	4
68	Hex Socket Cap Bolt M8x64mm	2
69	Nylon Nut M8	4
70	Wave Washer Ø16.2xØ25x0.5T	2
71	Washer Ø8.5xØ30x2.0T	2

# PART LIST

No	Description	Q'ty
72	Round Head Self Tapping Screw M4.5x25mm	12
73	Thread Cutting Screw M5x15mm	10
74	Belt Adjuster	2
75	Decorate Cap 30x60mm	1
76	Washer Ø10xØ20x3.0T	2
77	C-ring Ø19mm	1
78	Hex Head Cap Bolt 3/8"	2
79	Mushroom Head Screw M5x15mm	8
80	Washer Ø19xØ25x3.0T	2
81	Washer Ø19xØ25x0.5T	1
82	Washer Ø19xØ25x2.0T	1
83	Mushroom Head Screw M5*12mm	1
84	Hex Nut 3/8"x9.0T	2
85	Hex Socket Cap Bolt M8x38mm	2

No	Description	Q'ty
86	Washer Ø8.5xØ20x2.0T	4
87	Adaptor	1
88	Allen Wrench 5mm	1
89	Sensor Bracket	1
90	Round Head Self Tapping Screw M4.5x15mm	2
91	Hex Socket Cap Bolt M8x72mm	2
92	Spring Washer Ø8mm	2
93	Washer Ø8xØ16x1.5T	2
94	Screwdriver 10.14.17mm	1
95	Magnet	1
96	Cone Washer Ø8.15xØ11x3.5T	4
97	Arc Washer Ø8xØ21x2.0T	4
98	Screwdriver 10.13mm	1

# EXPLODED DRAWING

